Berry Medley

At one point, I used to eat a lot of berries. I enjoyed the orange raspberries. Then, I developed diverticulitis. I gave up the delicious orange raspberries. Some berries are more harmful than others when it comes to diverticulitis, particularly blackberries, raspberries, and strawberries. Blueberries and other fruit that have large seeds that can be spit out, or bred out, are the safest. On a full stomach, I can have the occasional handful of berries, or smoothie, and not worry too much. The second greatest danger of berries is pesticide residue. Wash all berries thoroughly before eating, cooking, or freezing.

Pre Cook Preparation:
A. Timer set to the time to begin preparation

Meal Adaptations:
Physical Accommodations:

Visual Accommodations:

Potential Food Allergy or Intolerance:
Blackberries (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Orange raspberries (diverticulitis, fructose)
Strawberries (diverticulitis, fructose)
Sugar (diabetics)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
Bowl
Cutting board
Knife
Pan: None

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/4 cup of blackberries
1/4 cup of blueberries
1/4 cup of orange raspberries
1/4 cup of sliced strawberries
Dash of salt
Optional:

1 dash of white sugar
Whipped topping

Preparation time: 10 minutes

Preparation:

1. Wash and carefully slice 1/4 cup of strawberries.
2. Add to a small bowl:
   1/4 cup of blackberries
   1/4 cup of blueberries
   1/4 cup of orange raspberries
   1/4 cup of sliced strawberries
   Dash of salt
      Optional:
         1 dash of white sugar
3. Mix well.
4. Optional: Add whipped topping

Cook Temperature: None

Cook Time: None

Servings: 3

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.